



DR VICTORIA NISENBLAT
PERSONALISED FERTILITY CARE

10 Fertility Boosters you Can Try Now

FREE DOWNLOAD

Lighting Your Path to Fertility Wellness



Dear Hopeful Parent,

Embarking on the journey to parenthood can be filled with hope, challenges, and the deep desire for understanding and support. This is where I, Dr. Vicki Nisenblat, step in—not just as a fertility specialist but as a partner in your journey towards creating life. With over twenty years of experience in gynaecology and reproductive health, my mission extends beyond medical treatments; it's about providing a holistic, empathetic approach to fertility care.

My ethos is built on the belief that effective fertility support combines the precision of modern medicine with the gentle power of natural approaches.

This document is born from that belief—a guide meticulously crafted to offer you actionable, evidence-based tips to enhance your fertility naturally. It reflects not just my professional expertise but my genuine care and hope for individuals and couples dreaming of parenthood.

In these pages, you'll find more than advice; you'll find a pathway designed with the warmth and understanding that every fertility journey deserves. From nutritional guidance to lifestyle adjustments, each tip is an invitation to embrace a healthier, more balanced approach to enhancing your fertility.

This guide is my way of reaching out to you, offering support, knowledge, and the assurance that you're not alone on this path. Together, we can explore every avenue to help you achieve your dream of becoming a parent.

With heartfelt dedication,

Dr. Vicki Nisenblat

GENEA PARTNER
Dr. Nisenblat
FERTILITY SPECIALIST

01. Nutritional Balance

Incorporate a balanced diet rich in antioxidants, lean proteins, whole grains, and omega-3 fatty acids.

A balanced diet supports overall health and can have a significant impact on fertility. Antioxidants help to protect the body's cells, including those of the reproductive system, from damage. Lean proteins provide essential amino acids, while whole grains supply necessary fibre and B vitamins. Omega-3 fatty acids, found in fish and flaxseeds, are crucial for hormone function.

The Science:

Antioxidants like vitamins E and C, folate, beta-carotene, and lutein can combat oxidative stress, which is known to be detrimental to egg and sperm quality. Diets with adequate protein and whole grains help regulate the menstrual cycle and improve ovulation.

Always Avoid:

Trans fats and high-glycemic index foods, as they have been linked to ovulatory infertility. Excessive intake of processed meats and high-mercury fish should also be avoided.

02. Maintain a Healthy Weight

Achieve and maintain a body mass index (BMI) within the healthy range (18.5–24.9).

Body weight can affect fertility due to its influence on hormone production and balance. Being overweight or underweight can disrupt menstrual cycles and ovulation.

The Science:

Adipose tissue (body fat) influences oestrogen levels; too much can lead to overproduction, while too little can lead to inadequate amounts. Both scenarios can impair fertility. A healthy BMI is associated with regular ovulation and higher chances of conception.

Always Avoid:

Crash diets or rapid weight loss, which can negatively impact your metabolic and reproductive systems. Similarly, avoid a sedentary lifestyle that can contribute to weight gain.

03. Regular Physical Activity

Engage in moderate but regular physical activity, aiming for at least 30 minutes a day.

Exercise can reduce stress, help maintain a healthy weight, and improve reproductive system function. However, the intensity should be moderate to avoid the adverse effects of excessive exercise on fertility.

The Science:

Regular physical activity helps to regulate insulin levels and reduce insulin resistance, which is particularly beneficial for those with polycystic ovary syndrome (PCOS), a common cause of infertility.

Always Avoid:

High-intensity and high-frequency workouts, which can disrupt the menstrual cycle and impair fertility.

04. Manage Stress

Incorporate stress-management techniques into your daily routine.

Body weight can affect fertility due to its influence on hormone production and balance. Being overweight or underweight can disrupt menstrual cycles and ovulation.

The Science:

Stress can affect the part of the brain (the hypothalamus) that regulates hormones that trigger the ovaries to release eggs. Managing stress is crucial for maintaining hormonal balance.

Always Avoid:

High-stress situations and overcommitting yourself. If stress becomes overwhelming, seek professional help.

5. Monitor Your Cycle

Understand and monitor your menstrual cycle and ovulation patterns.

Knowing your cycle helps you identify your most fertile days, which can increase your chances of conception when timed properly with intercourse.

The Science:

Ovulation typically occurs mid-cycle, and the release of an egg presents a limited window for fertilization. Monitoring tools and apps can help track ovulation.

Always Avoid:

Assuming a 'one-size-fits-all' approach to your cycle. Each individual is different, and cycles can vary from month to month.

06. Limit Alcohol and Caffeine

Moderate the intake of alcohol and caffeine.

Alcohol and caffeine can both have negative effects on fertility when consumed in large amounts.

The Science:

Alcohol can alter oestrogen and testosterone levels, affecting egg and sperm quality. Caffeine consumption, particularly in high amounts, has been associated with longer time to conceive.

Always Avoid:

Heavy drinking and consuming more than 200 mg of caffeine per day (about two cups of coffee).

07. Quit Smoking

Cease smoking or vaping tobacco products entirely.

Smoking has been conclusively linked to reduced fertility in both men and women and can also impact the health of a future pregnancy.

The Science:

Smoking can lead to sperm damage in men and reduce ovarian reserve and egg quality in women. It also affects the uterus's ability to receive an embryo.

Always Avoid:

Secondhand smoke exposure, which can also negatively impact fertility.

08. Check Medications and Supplements

Review your current medications and supplements with your healthcare provider to ensure they are fertility-friendly.

Certain medications and supplements can interfere with natural fertility. It's important to consult with a healthcare provider to determine what is safe to take.

The Science:

Some substances can affect hormone levels or interfere with the menstrual cycle. Adjustments may be necessary to optimise fertility.

Always Avoid:

Self-medicating or starting new supplements without professional advice.

09. Environmental Awareness

Be mindful of environmental toxins and endocrine disruptors.

Exposure to certain chemicals can affect hormonal balance and reproductive function.

The Science:

Chemicals such as BPA, phthalates, and certain pesticides mimic or interfere with the body's hormones, potentially affecting fertility.

Always Avoid:

Plastic containers with BPA, non-organic produce with high pesticide levels, and products with known harmful chemicals.

10. Regular Medical Check-Ups

Schedule regular check-ups to monitor and manage any underlying medical conditions that could affect fertility.

Conditions such as PCOS, endometriosis, or thyroid disorders can impact fertility. Regular medical oversight can help manage these conditions.

The Science:

Early detection and management of health conditions can improve fertility outcomes and overall health.

Always Avoid:

Ignoring symptoms or delaying medical consultations that could address potential health issues impacting fertility.

Personal Invitation

Taking steps towards boosting your fertility naturally is a commendable and proactive approach to your reproductive health. However, the journey to parenthood is unique for everyone, and additional guidance may be beneficial.

Dr. Vicki Nisenblat welcomes the opportunity to provide personalised fertility consultations, offering expert advice and state-of-the-art treatments to support your journey. If you wish to explore more individualised fertility solutions, please reach out to book a consultation. Together, we can chart a path towards your goal of building a family.

For more information or to schedule an appointment, visit my website or contact the clinic directly. **Your future family starts with the right care today.**



Dr. Vicki
Nisenblat is
your trusted
partner on
the journey to
parenthood.

With a warm, patient-focused approach, she combines extensive experience with the latest in reproductive science to guide you towards achieving your family dreams.

Your future family may be waiting.
Let's take the first step together.



DR VICTORIA NISENBLAT
PERSONALISED FERTILITY CARE

For inquiries, personal consultations, or to begin
your path to fertility wellness, reach out to:

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